

2010 Park to Park Races

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FRIDAY NIGHT

Where is packet pick up?

- **5 Sullivan Brothers Convention Center** – Downtown Waterloo, 4th and Jefferson.
A parking garage and street parking is available near the convention center.

What time is packet pick up?

- It is 4:00PM to 8:00 PM – PLEASE do not come early, you will have to wait.

Do I have to come Friday?

- No, but it is **strongly** encouraged for those who live close to the area.
- There are some special freebies for those who come on Friday that may be gone by Saturday morning.

Will I get my chip Friday?

- Yes, and make sure you have it checked before you leave to insure it is the right one.

Can people register Friday night?

- Yes, it is highly encouraged versus waiting for Saturday morning, and will be cheaper.
NO T-SHIRT GUARANTEE
- No, but tickets will be more expensive at the door and will be limited, so you may miss out if you wait. Again, it is not guaranteed you will be able to eat if you wait to buy tickets at the door.

RACE DAY

How do I get to the park?

- The easiest way to know is to look on Google maps and type in George Wyth State Park, Waterloo.
- The park entrance has signage coming from both directions on HWY 218. You take the exit for the airport, and the only way to access the park is from Airport Blvd.

Where in the park is everything located?

- There is only one road in the park. Upon entering you follow that road for 2 miles and there will be parking attendants to help you. The speed limit is 25 mph, please respect this.

- Do not park on the side of the road or the grass, you may get a ticket or have your car towed. The road is a state road and is patrolled.

What time should I get to the park?

- Recommended time is no later than 6:30 if you are registered and picked up your packet Friday and preferably no later than 6:15 if you need to pick up materials or register. Half marathon walkers should be at the park by 5:45. Parking is limited and you may find yourself from .5 to 1 mile away from the registration area. Keep in mind this is a state park and space limitations apply. One of the state's largest races, Dam to Dam in Des Moines includes a 1+ mile walk for many – so this is not the only race that has a parking issue.
- This is well advertised so the race will start on time with or without everyone.

Are there toilets at the park?

- Yes, there will be plenty of portable toilets at the registration/start/finish
- Men, help out the ladies and if it can be done in the woods, there are plenty of trees for us

Is the start and finish in the same area?

- Yes, this is the first year they will be in the same area
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Are the starting times the same?

- NO
 - Half marathon walkers MUST start at 6:30, so be at the park no later than 5:45 to be ready.
 - All half marathon runners start at 7:30
 - All 5K participants start at 7:35
 - The reason for the time differences in the two races is to alleviate trail congestion

Is there a course time limit for the ½ marathon?

- Yes, it is 4 hours for walkers and 3 hours for runners. The finish line will shut down and be dismantled at 10:30.
- There is no running allowed for those who start at 6:30

Can I start with the walkers if I want to run and finish early?

- No

What happens if I am caught running and I started at 6:30?

- If a course marshal or volunteer reports you as running when you started with the walkers you will be disqualified from the results.

Can I wear a music player; I heard they are not allowed at USATF sanctioned races like this one?

- The USATF has banned the use of portable music devices for reasons primarily dealing with safety. While on the trail you will be sharing it with other runners, walkers and bikes (sometimes fast moving). It could be easy to drift over and get smacked by a biker, injuring yourself and maybe others.

- There will not be any official effort to remove music devices as is being done in some major races around the country. Be aware that it is discouraged and if you win an age group award and someone protests you will be stripped of your award and disqualified.

CHIP TIMING

What is the chip?

- It is a small electronic device that allows for extremely fast identification of finishers.
- You put in on your shoe and must have it to be officially timed.
- No chip, no time.

Do I have to wear one?

- Yes – both race distances.

What if I do not wear one?

- You will not be listed in the results, or be eligible for awards.
- No chip, no results, no exceptions.
- It also throws off the results for everyone else who cares about how many people participated overall and for age groups.

When do I pick it up?

- When you get your packet. There will be a method to make sure your chip is correct.

What happens if I forget my chip race morning?

- Have \$20 so you can get a new one assigned or you will have to run the race without being officially timed.

Is this true chip time or gun time for awards?

- Gun time will be used for awards, but overall times will be chip time

What happens at the end of the race?

- If you can bend over and take it off a volunteer will be there to take it from you. If you cannot bend over a volunteer will take it off for you.
- Do not leave the area without handing in your chip!

COURSE

Are these courses certified?

- Yes, all 3 courses are USATF certified accurate.

How many water stops are on the course?

- 5K participants will have a water stop at 2.25 miles
- 10k has yet to be determined but there will likely be two of them
- Half marathon participants:
 - Water at 1.4
 - Water and Gatorade at 2.3, 12.25
 - Water, Gatorade and orange slices at 3.63, 4.82, 6.28, 7.78, 8.97, 10.2, 11.4

Are there restrooms located on the half marathon course?

- YES
 - Nature – various spots on most of the course.
 - Outhouse – 3.58, 6.3, 9
 - Flush – 3.9, 8.68

Is the course closed?

- No, we will share it with all the other recreational walkers, runners and bikers. So please be considerate and remember that as a trail race the width to travel on is not anywhere near as wide as a road. Please do your best to not walk side by side more than 2 abreast if you are talking recreationally, and be aware of your surroundings at all times.

Is the trail cleared of debris from trees?

- No, large items will be removed by course marshals the day before, but fall is coming and the trees drop stuff overnight all the time. It is your responsibility to look for items that can twist ankles or trip you.

Are the miles marked?

- Yes, all miles are marked and will have signs. Tradition has been for mean spirited people to mess with mile marker signs the last couple years. We are making efforts to have a volunteer at the spots most troublesome. If signs are an issue each mile is marked in bright orange spray chalk on the trail.

What if I have to drop out on the trail?

- Water stations are places we can assist you. If you can, drop out at one of those and someone will help you get back to the finish line as soon as possible. If you cannot, ask a nearby participant to notify the first volunteer they see. We plan to have volunteers on bikes, as well.

Can I use a baby jogger?

- No. And no other wheels of any kind are allowed in either race. This has nothing to do with the race director not liking babies; it is for safety since most of these races takes place on trails that get tight with traffic both ways. Don't make me take your baby at the start line...

POST RACE

- There will be a host of things to enjoy after finishing your race!
 - Free beer from Michelob Ultra provided by sponsor FAHR BEVERAGE
 - Free BBQ pork sandwiches provided by sponsor HY-VEE
 - Free Pizza provided by sponsor THE OTHER PLACE (The OP)
 - Cookies, snack bars, chips, fruit, bagels and other stuff
 - Free massages
 - Music

OTHER

Where can spectators watch me from?

- For the 5&10K there really is no other place than the start and finish areas, and in the first and last miles.
- There are several spots on the half marathon course that are easy to get to and provide multiple viewings in one spot. The best spot to park and wait is located at Island Park, right off of Center Street. There are flush toilets here, a shelter and picnic tables. The Cedar River runs along this

park. Participants will be at about mile 3.75 and 8.6 at this spot. Plenty of time to see someone twice and make it back to the finish line (though you may have to walk up to one mile to the finish line from a parking area).

- Parking along or off of downtown Cedar Falls along Main Street will allow people to see you at mile 3 and about 9.7. The Cedar Falls High School drum corps will be playing at this spot and would be fun to listen to while enjoying a cup of coffee from the coffee shop on the corner of First and Main.

What is at the finish area for spectators?

- There will be bleachers to accommodate about 125 people right near the finish.
- It would be a good idea for people to bring camping chairs if they plan to watch people finish the half marathon.
- There is a small playground near the finish area for kids.

What happens in case of bad weather?

- Light rain will not postpone the races, but heavy rain might. Lightning will postpone the races for sure and the wait time will be dependent on the conditions.
- There will not be any refunds if the race must be canceled due to weather.

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